

FEBRUARY 1, 2016

Things to Remember

*Sweetheart Dinner Dance 2/12/16 *

5 PM-9PM

Sponsored by MHPI (Senior Living at Prouty)

You must sign up by 2/ 5/16 for tickets

You must sign up for lunches 48 prior to the meal. If you want a meal on Tuesday you must sign up the Thursday before. For a Thursday lunch you must sign up on Tuesday.

I will need 10 people to order.

Catered by Chartwell of Worcester

The sign up sheet is on the table in the back of the room

Please double check your possessions before you leave.

We can not be responsible for your property.

I have had 2 incidents in the last month where someone left something here and it was gone when they returned.

FEBRUARY Meals at the Center

Tuesday 2/2/16: Beef Jardiniere/potato/carrots/fruit

Thursday 2/4/16: Spaghetti & Meatballs/Baked Apples

Tuesday 2/9/16: Greek chicken/potato/veggie/cookie

Thursday 2/11/16: Meatloaf w/gravy/Garlic Mashed/Beans/Tiramisu

Tuesday 2/16/16: Veggie Cheese Bake/green beans/oranges

Thursday 2/18/16: Chicken Murphy/potatoes/beet/fruit

Tuesday 2/23/16: Burgundy Meatballs/Noodles/veggies/pineapple

Thursday 2/25/16: BBQ chicken/red bliss potatoes/corn/birthday cake

Sign up on table in back

Please call 48 hours prior to meal for reservation

508-885-7546

Suggested voluntary donation: \$3

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of its elders.

ELDERBUS

IN TOWN TRANSPORTATION DAILY

MEDICAL APPOINTMENTS IN WORCESTER ON

MONDAY, WEDNESDAY FRIDAY.

48BUSINESS HOUR

NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT 508-885-7546

Massachusetts RMV in Center

The RMV was looking for a way to reduce lines and waiting times at the registry so they opted to have some senior centers as host sites and ours was picked to be one.

You will be able to make an appointment and come into the center to do the following:

- ◆ Renew a license (age 74 & under)
- ◆ Replace a lost or stolen placard form
- ◆ Apply for a duplicate license
- ◆ Renew a registration
- ◆ Change of address

Why wait in line at the Registry? Make an Appointment and come into the center.

Monday through Thursday

9:30 AM-2:30 PM by appointment 508-885-7546

Members of the Council on Aging

Pamela Woodbury-Director

Joan Houston-Member

James Letendre-Chair

Janet Goff-Member

Christine Alessandro-Vice Chair

Christine Mancini-Member

Diane Johnson-Treasurer

Susan Arsenault-Member

Pat Corson-Member

Sheila Pheonix-Member

News from SHINE February 2016

Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process.

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

THAT WAS THE YEAR.....1967

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President and Vice President: Lyndon B. Johnson and Hubert Humphrey

Headlines:

Jimmy Hoffa Begins an 8 Year Prison Term For Defrauding The Union and Jury Tampering
Strikes By Teaching Staff Throughout The Country For Pay Increases To Keep Pace With Inflation
Thurgood Marshall Becomes The First Black Justice on The Supreme Court
Mohammad Ali Is Stripped Of His Heavyweight Title For Refusing Induction Into US Army
President Johnson Asks For a 6 Percent Increase on Taxes to Support the Vietnam War
Astronauts Col. Virgil Grissom, Col. Edward White II and Lt. Cmdr. Roger Chafee are killed in a fire in their capsule during a test launch.

Popular Culture

Monterey International Pop Music Festival in California features some of the 60's icons including Jimi Hendrix, The Who, Janis Joplin, The Steve Miller Band, Simon & Garfunkel and the Grateful Dead (This kicks off the infamous Summer of Love)

Evel Kinevel Jumps his motorcycle over 16 cars line up in a row

Elvis Presley marries Priscilla

Carrol Shelby Mustang GT-500 is released

The musical Hair opens off-Broadway

Rolling Stone Magazine releases it's first issue

Amana introduces the first compact microwave oven for home use. Cost is \$495

Cost of Living First hand held calculator was invented

First class stamp 5¢

Movie Ticket: \$1.25

Minimum Wage \$1.40 (federal)

Gas 33¢ per gallon

House: \$14,250

Car: \$2,750

Polaroid Camera \$50

Songs:

Movies:

To Sir With Love

The Graduate

Cool Hand Luke

The Dirty Dozen

The Letter

To Sir With Love

Wait Until Dark

Valley of the Dolls

Ode to Billy Joe

Guess Who's Coming to Dinner

Barefoot in the Park

You Only Live Twice

Windy

Taming of the Shrew

In The Heat of the Night

Camelot

I'm a Believer

Doctor Doolittle

Bonnie and Clyde

Thoroughly Modern Millie

Light My Fire

Somethin' Stupid

Happy Together

Groovin

Can't Take My Eyes Off of You

Divorce American Style

Jungle Book

Casino Royale

Deaths: Jayne Mansfield Vivian Leigh J. Robert Oppenheimer Ottis Reading Langston Hughes
Spencer Tracy Brian Epstein Woody Guthrie Gus Grissom John Nance Garner Carl Sandburg



FEBRUARY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Cribbage \$1 Bakery T/B/A	2 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 Wellness Clinic 1:00 Bingo	3 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	4 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	5	6
7	8 9:30 Cribbage \$1 Bakery T/B/A	9 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 Wellness Clinic 1:00 Bingo	10 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	11 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	12 Sweet Heart Dinner Dance  5PM-9PM	13
14	15 CLOSED FOR PRESIDENT'S DAY 	16 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 Wellness Clinic 1:00 Bingo	17 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line dancing	18 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	19	20
21	22 9:30 Cribbage \$1 Bakery T/B/A	23 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 Wellness Clinic 1:00 Bingo	24 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line	25 9:30 Yoga 10:30 Exercise 11:30 Lunch 11:30 BP Clinic 1:00 Bingo	26	27
	29 9:30 Cribbage \$1 Bakery T/B/A					